



Back Column

Pinnacle Physical Medicine & Rehab
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Avoid the Hazards of Winter

Severe Weather Causes Many Injuries

When ice and frigid winds blow into town, Dr. Showalter notices a marked increase in strains, sprains and back injuries. Slipping on icy sidewalks, clambering awkwardly over banks, even wearing the wrong kind of clothing can prove hazardous to your health, as hundreds of thousands of Americans learn to regret each year. "Couch potatoes" are hit especially hard.

The Risks of Braving the Elements

Combining ice and freezing cold with long-unused muscles can lead to disastrous results. Hitting an icy spot when dashing off to the mailbox or carrying out the trash can cause a serious tumble. It's not just the fall that hurts, either. The quick, jarring motion as you try to catch yourself can strain muscles as much as the actual falling. Simply walking outside in freezing weather without layers of warm clothing can intensify older joint problems and cause a

great deal of pain. In addition, as muscles and blood vessels contract to conserve the body's heat, the blood supply to the extremities is reduced. This lowers the functional capacity of many muscles, particularly among the physically unfit.

Problems Respond Well to Chiropractic Care

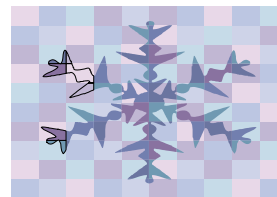
Sprains and strains affecting your ability to function, such as being unable to bend over to tie your shoes or having difficulty getting out of the chair, require prompt attention. Give Dr. Showalter a call right away at 855-5053. He is a highly skilled care-giver, and these conditions respond favorably to chiropractic treatment, especially when corrected early.

Simple Steps to Survive the Storm

- **Be prepared.** Maintain your exercise program year-round. Listen to weather forecasts. Before going outside, don layers of clothing to keep muscles warm

and flexible.

- **Slow down.** Walk carefully. Use handrails whenever possible. Watch out for patches of ice, especially when you're getting out of the car.
- **Keep your back straight.** Remember to bend knees and let your arms and legs do the work. When lifting objects over 10 lbs. keep objects close to your body.



Handy Hints for Stress Control

1. **Get some friends** and spend some time with them.
2. **Reduce noise.** Turn off the television, turn down the music.
3. **Do one thing at a time.** Don't think about the next thing to do until you start it.
4. **Use waiting time creatively.** Chat with

those around you, or read an article or book.

5. **Be thankful.** Use "Six of the best" before sleeping. What was the best thing you saw, ate, received, smelt, had done for you, did for someone else.

6. **Pamper yourself.** Get a massage!

7. **Be assertive.** When someone asks you to do something, ask yourself four questions. Have I got the energy to do this? Have I got the time? Have I got the skills? Do I really want to do this?



8. **Reduce stress in the workplace.** Have an adjustable chair, wrist support and desk light.

9. **Shop online or through catalogs.** You'll save yourself the stress of dealing with crowds and traffic.

10. **Let people know how you want to be treated.**

Source: www.mercola.com



Welcome New Patients!

Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Kyle Brislan
(referred by Janet Brislan-thanks!)

Eric Gunther

Jane Havens

Robert Richelson

Dennis Lewis

Brenda Jackson
(referred by Dr. Moody-thanks!)

Jeanne Schmitt

Lauren Hammel

Scott Paone(referred by Jeannie Paone-thanks!)

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.

Stop Smoking—for Good!

Every year, millions of people make it their New Year's Resolution to quit smoking. Every year, millions fail. In order to quit, smokers try nicotine patches, nicotine gum, sprays, potions and lotions. Some try hypnosis or go it alone...cold turkey. Medical authorities contend that cigarette smoking is the single most important source of preventable death. The annual death toll from diseases attributed to smoking is over 350,000. It is estimated that about 25 percent of adults are smokers. Although more than four in five smokers say they want to quit, less than 3 percent are successful each year.

We offer Auriculotherapy at Optimum Health Clinic that can help people with compulsive disorders such as ADD/ADHD, as well as addictions such as alcohol, smoking, drugs, food, sex, and gambling to kick the habit...**for good**. Here's how auriculotherapy works:

There are over two hundred acupuncture points in the cartilage of your outer ear (the auricle) that correspond to other parts of your body. Treatment of these points is called auriculotherapy (pronounced aw-rick-u-low-ther-a-py). Reward Deficiency Syndrome is the term used to describe behaviors, impulsive behaviors, personality disorders and compulsive behavior. Dopamine is the main hormone in addictions (drugs, alcohol, smoking, food, work and sex) and ADD/ADHD. This is the feel good hormone. When it's low it makes you not feel well therefore you look to an outside substance (doesn't matter what that may be) or behavior to compensate or make you feel good. 1/3 of the population has the gene for addiction called the A1 allele of the D2 dopamine receptor. Classical Chinese describes 5 ear points which produce beneficial results. However working with new information in the 1990's about the energetics and neurology of the ear, Dr. Jay Holder has identified three new treatment points for all addictions. These derive from the fact there are four cranial nerves that have nerve endings throughout the ear. Dr. Showalter uses the most current researched ear points that Dr. Holder added to the classical Chinese points. Auriculotherapy works by stimulation of cranial and cervical ganglion through ear points to produce enkephalins (the body's natural pain killer). By doing this it indirectly affects dopamine production by inhibiting GABAergic activity in the brain and raising dopamine levels. This translates into a feeling of well being, and when you feel well, this decreases cravings and the need for an outside substance to make you feel well. The overall effect of auriculotherapy is to create a more balanced condition throughout the body. Call today to schedule a consultation with Dr. Showalter and get on the right path to quit smoking for good!





Diane's Recipe Corner—Pumpkin Raisin Cookies

Ingredients:

1/2 c. applesauce	1 tsp. vanilla extract	1 tsp. baking soda
1/2 c. safflower oil	1 c. whole wheat flour	1 tsp. cinnamon
1 1/2 c. sucanat (organic sugar)	1 c. whole wheat pastry flour	1 c. cooked pumpkin
1 egg	1 c. whole oats	1 to 1 1/2 c. raisins

Directions:

In mixing bowl, mix applesauce, oil and sugar. Beat in egg and vanilla. Combine flour, oats, baking soda and cinnamon; stir into creamed mixture alternately with pumpkin. Fold in raisins. Drop by tablespoonfuls onto safflower-oiled baking sheets. Bake at 350° for 12-13 minutes or until done. Makes about 4 dozen. This is a much healthier alternative to many other treats and goodies that will be in abundance during the holidays. Enjoy!

Source: Gensel Nutrition Center, Monterey, CA

Question of the Month:

_____ is the single most important source of preventable death.

A. Lack of exercise

B. Poor eating habits.

C. Smoking

D. Driving while impaired.

The first patient to call with the correct answer will win a FREE bottle of

Biofreeze (once per

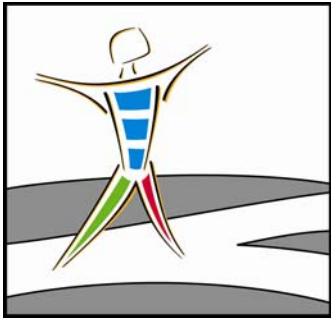
patient, please). The answer to last month's question was: C. By being diagnosed by a physician. There was no winner for last month's question. Our patient of the month for December is **Ruby Nabors**. Congratulations! Ruby will receive a free

massage. A random number is picked each month so everyone has a chance to win!



Niacinamide

Niacinamide, is one of two forms of Niacin Vitamin B3 and one of eight water-soluble B vitamins. All B vitamins help the body to convert carbohydrates into glucose (sugar), which is "burned" to produce energy. These B vitamins, often referred to as B complex vitamins, are essential in the breakdown of fats and protein. B complex vitamins also play an important role in maintaining muscle tone along the digestive tract and promoting the health of the nervous system, skin, hair, eyes, mouth, and liver. Niacinamide plays an important role in ridding the body of toxic and harmful chemicals. It also helps the body make various sex and stress-related hormones in the adrenal glands and other parts of the body. Niacinamide needs can be partially met by eating foods containing protein because the human body is able to convert tryptophan, an amino acid, into niacin. The best dietary sources of vitamin B3 are found in beets, brewer's yeast, turkey, chicken, veal, fish, salmon, swordfish, tuna, sunflower seeds, and peanuts. High doses of niacin have been shown to prevent and/or improve symptoms of many conditions. The conditions that Niacinamide can help with are: atherosclerosis, type 1 diabetes, osteoarthritis, tinnitus (ringing in the ears), cataracts and help with some cancer therapies. Always consult a knowledgeable healthcare provider before starting any supplement. We carry Niacinamide through our Optimum Health Clinic. Ask Dr. Showalter today if adding a Niacinamide supplement to your diet is right for you. *Source: University of Maryland Medical Center online*



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We're on the web!

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chirodcs@yahoo.com**

*** The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.**

Toys for Tots Campaign

(Offer ends Wednesday, December 14th)

We are collecting toys for the Marines "Toys for Tots" campaign. Bring a toy into the office (\$15 minimum value) and receive a FREE 15 minute chair massage during the month of December. (Please reserve your spot early as times are filling quickly).

If you are a new patient, bring a toy (\$15 minimum value) for a FREE consultation and examination with Dr. Showalter.*

(*Excludes workers comp or personal injury cases)

